Exercise Idea List

There are many kinds of activities you and your family can do for exercise.

By yourself	With people
Walk	Walk
Dance	Dance
Yard work	Hike in the woods
Jump rope	Ride bikes together
Ride a bike	Ski on trails or on hills
Go for a swim	Take exercise classes at a gym
Use an exercise video Run or jog	Play sports like soccer, tennis, and basketball
	Play with your kids
Others:	Go to the pool to swim, or just to walk in the water
	Others:
Inside	Outside
Inside Dance	Outside Walk
Dance	Walk
Dance Jump rope	Walk Ride a bike
Dance Jump rope Use an exercise bike	Walk Ride a bike Run or jog
Dance Jump rope Use an exercise bike Use an exercise video	Walk Ride a bike Run or jog Do yard work
Dance Jump rope Use an exercise bike Use an exercise video Use a treadmill to walk or run	WalkRide a bikeRun or jogDo yard workHike in the woods
Dance Jump rope Use an exercise bike Use an exercise video Use a treadmill to walk or run Go to a gym for an exercise class Go to the indoor pool to swim, or	WalkRide a bikeRun or jogDo yard workHike in the woodsPlay with your kidsPlay sports like soccer, tennis, and
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